Bread and butter beats olive oil

Sun 7:02 am +01:00, 26 May 2024

posted by Tapestry

My idea of a healthy meal would be white rice cooked in bone broth, topped off with a couple of egg yolks and a small amount of beef liver. This meal would be high in starch and collagen, and low in fructose and muscle meat, which has a very different amino acid composition than collagen. For a refresher on the difference between muscle meat and collagen, see "Why Collagen Is a Proven Necessity." Marshall comments:

> *"One of the things about starch is, if you eat a bunch of starch, your NAD+ availability increases postprandially. After the meal, you have more NAD+ availability if you're burning a lot of starch. And so, it all comes down to reductive stress."*

Why Olive Oil Isn't as Healthy as It's Made Out To Be

Marshall also recounts research showing the differences between saturated and unsaturated fats in terms of how they affect your metabolism.

> *"This experiment has been done in humans about four or five times. They feed people bread and butter or bread and olive oil, and measure how much oxygen they're consuming and how much carbon dioxide they're breathing out. That's called respiratory exchange ratio.*
>
> *If you look at those two numbers, you can determine how much carbohydrate and fat people are burning. And so, if people eat bread with butter, they'll have a relatively high respiratory exchange ratio, and that means that they're burning a lot of the carbohydrate in the meal. So, you eat bread and butter, you can burn that carbohydrate cleanly, which is the right way to do it.*
>
> *If you eat bread and butter, you want to burn those carbs first. Then, as your blood glucose levels drop, then you'll start to burn more of the fat from the meal. That's the correct sequence. If you eat olive oil and bread, you burn less of the glucose right away.*
>
> *I would argue that the olive oil makes you essentially acutely insulin resistant. Because the insulin, you eat that bread, the insulin is signaling, it's trying to clear the other things out to allow that glucose to burn. But if you eat bread and olive oil, your respiratory exchange ratio will be lower, and that means you're burning more fat.*
>
> *And of course, if you read those articles, they say, 'Oh, eureka. If you eat olive oil, you'll burn more fat than if you eat butter.' When I look at that, I say, 'This is bad. This is not what you want.'"*

Olive oil, if pure (and most aren't) is mostly oleic acid, a monounsaturated fat, but PUFAs have the same effect. Both will inhibit glucose metabolism. What's more, when you consume oleic acid, it creates oleoylethanolamide (OEA), which has the opposite effect of SEA.

OEA activates a nuclear receptor called PPAR-alpha, which directly turns off glucose metabolism. So, every time you eat monounsaturated fat, PPAR-alpha is activated and turns off your ability to break down glucose.

High Metabolism Is the Goal

Marshall continues:

> *"If you compare bread and butter to bread and olive oil, the bread and butter looks like that's what you want ... as you want to burn those carbs. Because if you burn those carbs, your NAD+ availability will go up. And I said*

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this in the last show, but there's this old saying that 'fat burns in the flame of carbohydrate.'

You get that NAD+ availability up and you get that flywheel spinning, and now you can efficiently burn the fat in the meal and also your stored body fat, because the carbs are really driving that process."

One way to accomplish that is by taking a SEA supplement, as that will increase your metabolic rate. Remember, the key goal is to increase your body's ability to create cellular energy, which means improving your mitochondrial function and increasing your metabolic rate. If you can do that, it doesn't matter what disease you have; most will begin to improve.

Again, to summarize, SEA helps counteract the effects of oleic acid by influencing your body's metabolism and its response to fats. It does this, in part, by suppressing the enzyme delta-9 desaturase in the liver, which plays a role in converting saturated fats into monounsaturated fats like oleic acid.

By doing so, SEA helps reduce your body's tendency to store fat, mimicking a condition where energy storage for winter is unnecessary. This, in turn, helps to improve your metabolic rate and reduce inflammation by affecting NF kappa beta, a protein complex involved in inflammatory responses.

Brad Marshall: Transforming Health – How to Navigate Reductive Stress and the Metabolic Impact of Dietary Fats (mercola.com)

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